I Am Happy: Affirmations

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Hello Reader,

Please enjoy 125 affirmations focused on happiness to promote genuine joy within yourself. These affirmations are to be said daily all at once or throughout the day.

Make it a daily habit to speak these affirmations aloud to promote happiness, joy, love, contentment, and peace.

Remember, the more you feel *joyful* and *engage* in activities that bring you joy, the more likely you will experience complete

happiness (joy), enabling you to live a more enriched, fun, and fulfilling life.

Feel happiness and be joyful not only today but daily!

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